Name		
Maille		

## **Roger Carter Community Center Workout Log**



Warm-Up: 5 - 10 Min. Low Intensity Aerobic Activity followed by easy static stretches for major muscles, held 15-30 seconds each.

	IVIIn. LOW In	lectioney / tel	ODIC / ICCIVI	ty romotives	a by casy se	atic stretci	ics for maj	or muscies	, 11010 15 5	o seconds	cacin						_
Date																	
CARDIO EXERCISES										_							<u>Notes</u>
Treadmill																	
Cycle																	
SCIFIT Recumbent Stepper																	
SCIFIT Upper Body Rotary																	
Precor Elliptical Crosstrainer																	
Precor Open Stride																	
Track - 16.5 x's around = 1 mile																	
RESISTANCE EXERCISES	(Weight N	(Weight Machines)															
Rear Delt/Pec Fly Loa	<u>d</u>																
Seat Arms <u>Set</u>																	
Rep	<u>s</u>																
Seated Row Loa	d																
Seat Chest <u>Set</u>																	
Rep	<u>s</u>																
Back Extension Loa	<u>d</u>																
Seat Set																	
Rep	<u>s</u>																
Abdominal Loa	d																
<u>Set</u>																	
Rep																	
Shoulder Press Loa	<u>d</u>																
Seat <u>Set</u>																	
Rep	<u>s</u>																
<u>Chest Press</u> <u>Loa</u>																	
Seat Back <u>Set</u>																	
Rep																	
Bicep Curl Loa																	
Seat <u>Set</u>																	
Rep																	
Tricep Extension Loa																	
Seat Set		<del>                                     </del>															
	_																
Pulldown Loa Seat Set		<del>                                     </del>															
Seat Set Rep		<del>                                     </del>															
Load = Weight	23																
Cool-Down (5-10 minutes)																	
Flexibility																	

Name
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Warm-Up: 5 - 10 Min. Low Intensity Aerobic Activity followed by easy static stretches for major muscles, held 15-30 seconds each.

Warm-Up	): 5 - 10 N	lin. Low In	tensity Aer	obic Activi	ty followed	by easy st	tatic stretc	hes for maj	or muscles	s, held 15-3	su seconds	eacn.			
Date															
RESISTANCE EXERCIS	<u>SES</u>	(Weight N	lachines)												<u>Notes</u>
Leg Press/Calf Exten.	<u>Load</u>														
Back	<u>Set</u>														
	Reps														
Inner/Outer Thigh	<u>Load</u>														
Arms	<u>Set</u>														
	Reps														
Leg Curl	<u>Load</u>														
Back	<u>Set</u>														
Movement Arm	Reps														
Leg Extension	<u>Load</u>														
Back	<u>Set</u>														
Movement Arm	Reps														
FREE WEIGHT EXERC	<u>ISES</u>														
Load = Weight															
Cool-Down (5-10 minu	tes)														
Flexibility															